

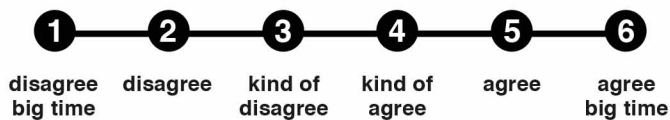
# MINDSET CHECK UP

Take a minute or two to answer these questions. There are no right or wrong answers here. Just circle the button that you think works best for you!

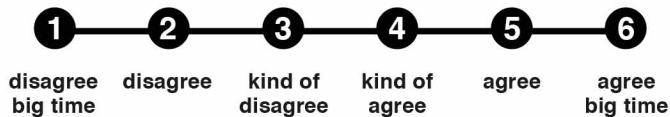
## PART #1

CIRCLE THE BUTTON THAT YOU THINK BEST FITS!

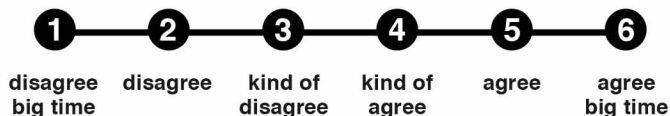
1. You can always change your talent a good amount, no matter how much you have.



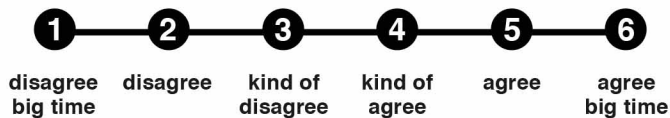
2. I like work the best when it makes me think hard.



3. I like doing things that I'll learn from even if I make a lot of errors.



4. When something is hard, it makes me want to spend more time on it, not less.



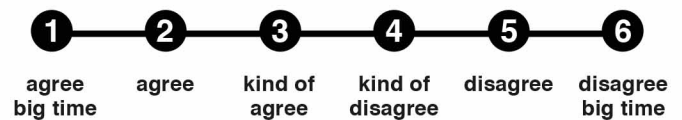
**PART #1 TOTAL** \_\_\_\_\_

## PART #2

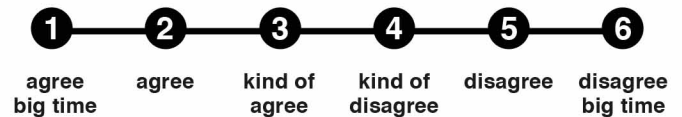


NOTICE WE CHANGED THE SCORING FOR THIS PART. READ CAREFULLY:)

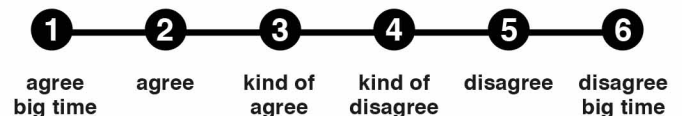
5. You can always learn things, but you can't really change how smart you are.



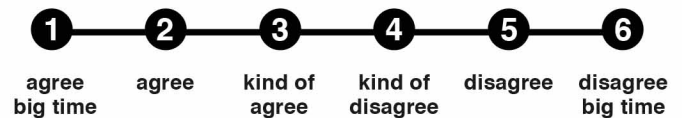
6. I like work the best when I can do well without putting a lot of effort in.



7. I like doing work that I can do perfectly almost all of the time.



8. When I have to put extra work in it makes me feel like I'm not as good as my peers.



**PART #2 TOTAL** \_\_\_\_\_

(NOW ADD THE TWO PARTS TOGETHER!)

**GRAND TOTAL** \_\_\_\_\_



TrainUgly.com

# MINDSET CHECK UP

**YOUR SCORE** \_\_\_\_\_

---

## WHAT IT MEANS

### **8-16**

You firmly believe that your talents, skills, and abilities are set traits. These things can't be changed very much. If you can't perform really well and look good on a test or project you would rather just not do it. You think that smart and talented people don't have to work very hard to be good.

### **17-24**

You think that your skills and intelligence probably don't change much. You like situations where you perform well, are less likely to make mistakes, and don't have to put in too much effort. You believe that learning and getting better at things should be relatively easy.

### **25-32**

You're not too sure whether or not you can change your skills and intelligence. Your grades and performances are important to you and so is learning. You're not the biggest fan of putting in too much effort though.

### **33-40**

You believe that you can develop your skills and intelligence. You really care about learning and don't mind having to put in some effort to make it happen. Performing well matters to you but you think that learning is actually more important than always scoring well and looking good.

### **41-48**

You totally believe that you can grow and improve your skills and intelligence. You love challenges and know that the best way to learn is by working really hard. You don't mind making mistakes or looking bad in order to get better.



#### **DID YOU KNOW...**

That your mindset can change and develop. If you don't like where you're at right now, it's totally fine - you can change it!



**TrainUgly.com**